

# ULTIMATE FRISBEE LEAGUES FOR SUMMER 2011

There will be three different ultimate leagues, all run through the Beaumont YMCA and played at *I AM THIRD* fields. See next page for location and directions for registration.

Each league will cost \$30 to enroll. Financial assistance is available. There will be a maximum capacity for each league, so sign up early. Those registering by Monday, May 30, at 5:00pm will receive shirts (different color for each team). Late registration is possible as long as there is space, but you will need to purchase your own shirt (as close to matching team color as possible).

You may sign up for more than one league.

## **SOCIAL (beginner) – Wednesdays @ 6:30pm** (June 1 – July 27)

This is a developmental league for new players who want to learn more about the sport, experienced players who do not mind doing some teaching or who want to dial back the competitiveness and, most of all, folks who want to have fun and meet people. There will be a draft of individual players to develop teams that are as even as possible. Maximum effort will be made to ensure even playing time and that everybody gets the disc so that all players have fun and get better.

## **SPIRITED (intermediate) – Mondays @ 6:30pm** (June 6 – August 3\*)

If you are an experienced player or a very athletic newer person who is looking for competitive and quality play, but are not quite at the open tournament level in terms of skills or speed, this is the league for you. There will be a draft of individual players to develop teams that are as even as possible. Despite being a spirited and competitive league, everybody plays and everybody gets the disc. (\*Regular season play will be June 6, 13, 20, 27 and July 11, 18, 25 Mondays with a tournament Monday & Wednesday, August 1 & 3.)

## **TURBO (advanced/expert) – Wednesdays @ 6:30pm** (June 1 – July 27)

Turbo is mainly for advanced players who want to train for tournament play. Groups can sign up as a team or, if not part of an existing team, those that register individually will be placed on a team or teams (depending on how many). Playing time will be decided by the team based on their goals.

To help even out the teams in the drafts, you will also be asked about dates that you are likely to miss, if you are interested in captaining a team, and to rank yourself 1-5 in terms of skill and speed/athleticism (see next page).

Contact Chad Mueller if you have any questions. (859) 321-4658 or [chad.mueller@kctcs.edu](mailto:chad.mueller@kctcs.edu)

## ***I AM THIRD* FIELDS LOCATION**

If you're heading out of Lexington on Richmond Rd (which turns into Athens-Boonesboro Rd), the fields are 1.25 (roughly) miles past Jacobson Park on the left. For those people who want more accurate distances, it is almost exactly 3 miles from Man-O-War blvd going out of Lexington and almost exactly 1 mile coming from the I-75 interchange toward Lexington. The address is 4711 Athens-Boonesboro Rd, Lexington KY 40509.

## **SKILL LEVEL DESCRIPTIONS**

**#5 skill-level** (expert) players have a mastery of the game with accurate short & long forehand and backhand throws.

**#4 skill-level** (advanced) players can accurately throw forehand and backhand, but maybe cannot hit any point in the field.

**#3 skill-level** (intermediate) players can throw forehand and backhand, but probably not both accurate for short and mid range.

**#2 skill-level** (beginner) players know the basic rules and can at least throw pretty accurate short-range.

**#1 skill-level** (new) players have either never played before or have only been to a couple pick-up games.

## **SPEED/ATHLETICISM DESCRIPTIONS** (compared to others when playing sports)

**#5 athleticism** – Faster than most, endurance to play all game, and height or hops to catch most any disc

**#4 athleticism** – Catches well and is either faster than most, more endurance, or good hops

**#3 athleticism** – Middle of the pack

**#2 athleticism** – Mostly average, but maybe a step behind, get winded a little easier, or not the best catching skills

**#1 athleticism** – Don't you people have jobs?! I've never been fast and I am not in great shape, but I'll be out there.

## **Steps to registering for the Summer Ultimate League:**

For those who have participated in the previous summer league or fall leagues:

- 1) Go to [www.ymcaofcentralky.org](http://www.ymcaofcentralky.org)
- 2) Click at the top on On-Line Registration
- 3) From drop down menu (when cursor touches On-Line Registration) click on Program Registration
- 4) Scroll down to the bottom and click Next
- 5) Under the Program Tags click on Adult Sports and Leagues
- 6) Check which league(s) you would like to participate
- 7) Click register at the top
- 8) Sign in
- 9) Fill out registration information
- 10) Pay and you're done!

For those who have never participated in the any of the ultimate leagues through the Y:

- 1) Go to [www.ymcaofcentralky.org](http://www.ymcaofcentralky.org)
- 2) Click at the top on On-Line Registration
- 3) From drop down menu (when cursor touches On-Line Registration) click on Program Participant Registration
- 4) Pick Beaumont Centre as your branch
- 5) Fill out info and click Next at the bottom
- 6) Under the Program Tags click on Adult Sports and Leagues
- 7) Check which league(s) you would like to participate
- 8) Click register at the top
- 9) Fill out registration information
- 10) Pay and you're done!